



# Swim Safe Sumter



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Teaching our children how to be safe in and around water is our first priority. This is why we incorporate Water Safety Topics during every class and at every level.



Florida Department of Health  
In Sumter County

415 East Noble Ave.  
Bushnell, FL 33513  
Phone: 352-569-3149

<http://Sumter.Floridahealth.gov>

*In partnership with:*



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**Swim Safe Sumter** is a county wide program that offers low cost swimming lessons to children ages 3 – 12.

Registration begins in the spring for new classes. Classes are available on a First Come, First Served basis.

Watch for upcoming announcements at <http://Sumter.Floridahealth.gov> for more information regarding class times and registration dates.



*Swim Safe Sumter uses Red Cross Aquatics Curriculum with Red Cross trained instructors and life guards.*



Lessons in the early levels emphasize skills to make the child both comfortable and safe in the water.

As the child moves through the class levels their skills and abilities increase in a natural progression.

By the time the student is in Learn to Swim Level 4 the child has a basic understanding of all the different swim strokes and is beginning to improve the components of each stroke to be more streamlined and effective in the water.